

Ideas for Hanging Out with the Family Inside

Create an obstacle course for your kids to “run” making sure that it is safe and fun if it is outside or in!

Put down couch cushions, tape out the course, jump over a favorite toy, all of that mess around the house now that the kids are home, use it to your advantage

Have a Dance Party!

Remember Freeze Dance? Play some music and randomly stop it. Put on your favorite station and see who has the best dance moves.

Pick up a new hobby your whole family can do together

Kids like to draw? There are tons of resources online that you can utilize to draw as a family. Do you like yoga? Try to do it together as a family. Want to start a garden, get the whole family involved

Take the time to learn a new recipe or teach the kids to cook

Cooking can be a math lesson, a science experiment and life skill class all in one, and you get to eat the results when you are done!

Make sure that you also have space in your day to all take a breath alone and unwind.

When tempers start to flair and bickering starts to happen, take a moment to go to your alone space and breathe.